

June/July 2003
Volume 31

2 Big Events in Our Community - Lambda's Freedom Fair - June 14 June Pride Month Exhibit - June 10

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June Pride Month Celebrated in Capitol Exhibit

For the second year in a row, California's State capitol rotunda will have on display a June Pride Month exhibit with a timeline of GLBT history prepared by the Lavender Library, Archives and Cultural Exchange of Sacramento, Inc. with the direction of LLACE Curator, John Mello. The exhibit is sponsored by Senate president Pro Tempore John Burton, Speaker of the Assembly Herb Wesson, Jr, and the GLBT Legislative Caucus with the assistance of the State Capitol Museum,

There are currently five GLBT members of the California legislature. The June pride exhibit is believed to be the first of its kind in any state capitol in the U.S. The exhibit will be on display in the State Capitol 2nd floor rotunda for the month of June. The public is welcome to the **official opening ceremony on Tuesday, June 10 at 5:00pm.**

The Fair will be held from 10 AM to 6 PM at the Southside Park. There are entrances at 6th, 8th and T streets. There will be a \$7 entrance fee. Six food vendors will be there. Bringing alcohol is prohibited but there will be a beer garden. Picnic tables are available along with canopy for shade. This year's theme is **Carnival**. There will be roving clowns and Mimes, a games midway, water slides, rock climbing, bungee, mazes, dunk tank and more. The children's area will be complete with lots of games.

Come and **visit our SACWN booth**. Cindy will be there to notarize your domestic partnership form. What a great way to celebrate the Freedom Fair!

Here's a partial **list of entertainers** who will be there: Dre, Cheer San Francisco, True Colors Women's Chorus, Sacramento Men's Chorus, Gayiel Von & Witness This!, Prism (gospel), Sug Boom Boom (reggae), Frankie Lee (Blues), Cabaret Kids with Him "fingerz" Jordan, DIVA Chorus, and much more.

FLASH!

Gwen Avery will be performing at the fair. As a performer, Gwen is an irrepressible life force reaching out for another big handful of life. The powerful emotional voice of Gwen is gospel drenched and a direct descendent of the late great ladies of the blues.

Go to her website and hear a little of her grooving music.

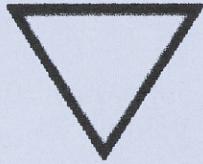
<http://www.gwenavery.com/>



SACWN NEEDS: A Graphic Artist

Do you enjoy making posters, flyers and other graphics? We need someone to create these materials for all of our larger activities.

If you're interested in either one of these positions, please contact SACWN - 916-451-8034 or SACWN1@aol.com



**SACWN,
Inc.**

THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

SACWN NEWSLETTER POLICY

This newsletter is entirely dependent on volunteers.

In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the month (sharonju@sbcglobal.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by Email are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are \$60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon at 916-483-8730.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.
2. The newsletter is always sent first class, rather than at the cheaper bulk rate.
3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".
4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (June 5th, July 3rd and August 7th). We meet at the Lambda Center located at 1927 L St. Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

Your input is important to us. If you have suggestions but can't be at the meetings, send an Email to SACWN1@aol.com with your ideas.

PO Box 19036
Sacramento, CA 95819-0036
916-451-8034
SACWN1@aol.com
Website: www.sacwn.com

**MEMBERSHIP
COMMITTEE**
Nancy 452-6007

**NEWSLETTER AND
WEBSITE COMMITTEE**
Sharon 483-8730

SIG COORDINATOR
Sharon S. 448-4324

VOLUNTEER COORDINATOR
Heidi

STEERING COMMITTEE

Cindy
Nancy
Sharon J.
Sharon S.
Kelli
Heidi

A LITTLE BIT OF THIS AND THAT In the Community +

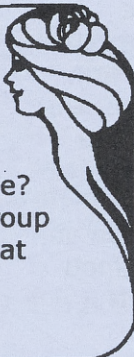
Legal Referral Service

Starting on Monday, March 3, 2003, from 5:30 PM to 9:00 PM, the Lambda Community Center (1927 L St.) began providing a new service to the Sacramento GLBT community. Law school student volunteers from UC Davis and McGeorge Schools of Law will offer legal referrals to community members who have legal problems, possible claims or questions. **There is no legal advice given or legal representation offered**, just a qualified listening ear that can refer individuals to a pre-screened LGBT-friendly attorney and/or legal service in the area.

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Newcomers

Are you new to SACWN, new to the area or just want to meet new people? Then the Newcomers Group is for you! Call Nancy at 452-6007.





You may forget but let me tell you this: someone in some future time will think of us.

Sappho
(c. 600 BCE)

Lesbian-Cancer Support Group

What: A support group of lesbians having cancer-related health issues in their lives.

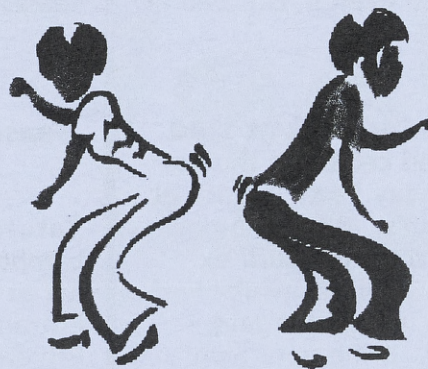
Where: Uptown Studios at 912 1/2 J Street (between 9th and 10th - across from Caesar Chavez Park - internal stairway access to upper level.

When: Third Monday of each month

Time: 6:30 PM (sharp) to 8 PM

Cost: Free

For more information: Roxanne (916) 920-7870
roxanne1040@aol.com



Friday Night Dances at the Methodist Church

These Friday Night Dances provide a fun environment for everyone. Do you enjoy dancing, want to learn to dance, like to socialize or people watch? Come out and join us for a no pressure, stress-free Friday night out. Dance is structured to the Two-Step, Waltz, Cha-Cha, Salsa and Line Dancing. Are you shy about learning to dance or need extra help in learning the dance steps? We can provide private instruction before the group lesson or connect you with someone at the dance to give a one-on-one lesson. We are a friendly mix of both couples and singles. Dances are held **every Friday night at the Central United Methodist Church, 5265 H Street in the Social Hall**. Group lessons start at 7:30pm. Open dance from 8:00-10:00pm. The Hall has a large hardwood floor with plenty of room to dance. No smoking or alcohol is allowed in the social hall. Children are welcome with adult supervision. A \$2.00 donation is appreciated, but not required. We have bottled water or juice for \$1.00. You can be notified of upcoming events and any announcements related to the dance by joining our Email list at nancin@pacbell.net. No junk mail will be sent. **For more information call Cindy or Nancy at 916 987-6614.**

Special Interest Groups (SIGS) Bulletin

Top 10

Top 10 is for women over fifty and for women who love women over fifty. Each month we get together for a meal at a local restaurant or at home potlucks. To receive a schedule of any future Top 10 events, call Dee at 443-2377

Saturday, June 21st at 1:00 PM

come and celebrate the 1st Annual Birthday Party Potluck at Betty and Jan's. Bring a funny birthday card for the card exchange. BBQ will be available if you want to fix hamburgers, chicken, etc. Bring your own drinks too. To RSVP and get directions, call 455-9180 or 731-7192 no later than June 18th

Saturday, July 19th at 1:00 PM

swim party-potluck at Sharon G's. Hot dogs and buns will be provided. Bring a side dish to share and your own drinks. Don't forget your swimming suit. Call no later than July 16th to Betty & Dot at 456-2577 to RSVP and get directions.

Sunday, August 3rd is Annie's Champagne Brunch in Leisure Towne in Vacaville. See Seasoned Singles information in the third column.

Seasoned Singles

Seasoned Singles is for single women over the age of 50, who live in the greater Sacramento area. For more information, call Mary at 395-4147 or Email seasonedsingles@webtv.net

Seasoned Singles Upcoming Activities

Saturday, June 14 is the Lambda Freedom Fair from 10 AM to 6 PM at Southside Park. Entrances to the fair are at 6th, 8th and T Streets. There is a fee of \$7. Come and meet for the SS picnic in front of the main stage area on the lawn at 12 noon. Bring your own food and drink, chair or blanket. Hope to see you there.

Saturday, June 21 is the Top Ten Birthday Party and Potluck at Jan and Betty's home. See Top Ten information.

Tuesday, July 1 is the Etta James concert in Sacramento! Call Mary at (916) 395-4147 or e-mail to seasonedsingles@webtv.net

Saturday, July 19 is the Top Ten swim party, potluck at Sharon G's home. See Top Ten information.

Sunday, August 3 is Annie's Champagne Brunch at Leisure Towne in Vacaville. Top Ten and Seasoned Singles are invited. This is not a potluck. Culinary delights will be lovingly prepared by Annie, Barbara and other gourmet chefs (Are you one?). All non-alcoholic beverages are provided. No donations requested. There will be door prizes every hour on the hour, and good music, too. Come and enjoy both indoor and outdoor fun. Prepare to be pampered!!! Annie's place is about a half hour drive from Sacramento. For directions and to RSVP contact Annie at CoonHollow@aol.com or (707) 451-2541 or seasonedsingles@webtv.net

Seasoned Singles On Going Activities

Impromptu Group: Contact Barbara T., (916) 422-0142, or Windrowtsr@aol.com. Anyone on the Impromptu Email list can contact other women on that list to invite them to an activity on an impromptu basis.

Poetry: For information about poetic venues and literary spaces contact Rama at (916) 428-7227 or 428-7224 or Djerma@aol.com

Gayiel Von for Cabaret at Club 21: For information about the 7:30 PM gathering call Rosie at (916) 442-7143.

(continues on page 5)

(continued from SS Activities on page 4)

Poker on the 2nd Friday of each month. Contact De D. at (916) 397-6239. Please reconnect with De by sending her your phone number and/or Email address because they were lost when her computer crashed.

Lunch, anyone? Annie and Beth are interested in meeting others who enjoy fine cuisine for lunch any day of the week, including weekends. If you have a place in mind that you've been waiting to try or an old favorite you can't get enough of, let Annie know - (701) 451-2541 or CoonHollow@aol.com

Women's Music - For concert information call Mary at (916) 395-4147 or Email seasonedsingles@webtv.net.

MORE SIGS THROUGH SACWN



Fool House Poker Group

Feeling lucky? Then join us for a friendly game of poker on the 2nd Friday of every month. Novice players welcome. I guarantee you'll have a good time. For game time and location, call Gretchen - 916-922-6287 or Mary - 916-723-5269.



Cat Lyn O'Proinntighe

Cell (916) 813-0096

Whisker Care



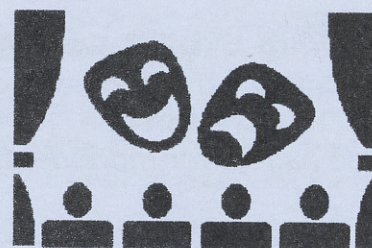
Pet Sitting Services - Bonded & Insured
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916-456-3495

(more SIGs continued)

Arts and Entertainment

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones.

If you are interested in participating in or coordinating an event, contact Sharon J. at (916) 483-8730. To have the latest updates sent to you by Email, just send your Email address to: sharonju@sbcglobal.net and indicate your desire to be on the A&E Email list.



Women's Healing Circle

This group is for those interested in their spiritual and/or healing path. Learn about different spiritual practices. Anyone interested, please contact Sharon at (916) 448-4324 or Email Sharon5248@aol.com.

Half-Fast Hiking Group

This is a well-organized, friendly group of serious hikers who know how to have fun. We are in our sixth successful year of day-hiking with hikes scheduled once per month all year long. We walk at a comfortable pace and usually average about five miles round trip on hikes that are rated "easy" to "moderate". All new-comers will receive a warm welcome!

Please join us for the time of your life! For a calendar of this year's events and an information sheet, call Linda at 452-5806

SACWN Calendar and More

Lambda Freedom Fair June 14

See the front page for more details.

June Pride Month Exhibit at the Capital Rotunda

**Official opening ceremony on Tuesday, June
10 at 5:00pm.**

Go to the front page for specific information.

Rainbow Flag Exhibit Coming to San Francisco - the original 8 colors restored!

See page 8 for more details.

True Colors Women's Chorus

Theme: Know Justice, Know Peace
Performing on June 20
at the YWCA at 8 PM
Call 444-8423 for more information

Want to know what else is happening in town?

Check out these groups.

Rainbow Womyn: New and local - singles and couples. Contact person is Karen at womyn@lanset.com or go to the website - <http://groups.msn.com/RainbowWomynofSacramentoCA> for further information.

D.O.T.: Long time local organization for couples and singles. Age range averaging between 35 and 55 years of age. Contact person is Vickie at dejavu95821@earthlink.net

Lesbian Couples Group - This group is open to couples who would like to share a good time, good food and good talk. The next dinner will be on June 20 at Louie's. Please RSVP to jazlady88@hotmail.com.

Let's Help Support Our LLACE!

Lavender Library is a valuable organization which provides a variety of services to our community. LLACE receives no grants and is managed with all volunteers. We need to give our financial support.

LLACE brings us so much. Besides having 10,000 books, periodicals and multimedia items for loan, LLACE holds book groups, movie nights, artist exhibits, author's presentations, lectures from other influential people from the community, and performing nights.

Most GLBT libraries do not loan out their items. We are so fortunate to be able to have this wonderful service available to us. So become a Pride Preserver with a yearly registration for all of their services. Or just send in a check to show your support. Every dollar helps so if you can make even a small contribution it would be appreciated.

Lavender Library, Archives & Cultural Exchange (LLACE) PO Box 987 * Sacramento, CA 95812
1414 "21st" Street * Sacramento, CA 96814
www.LavenderLibrary.org * 916 492-0558
Hours: Thurs. 7pm-9pm, Fri. 6pm-8pm, Sat. noon-6pm, Sun. noon-6pm



Couples, Families, Individuals

Ellie Zacks, Ph.D.

*Clinical Psychologist
PSY10426*

(916) 863-1790

By Appointment

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International Academy of Clinical Thermology

What is Breast Thermography

Breast thermography is a diagnostic procedure that images the breasts to aid in the early detection of breast cancer.

The procedure is based on the principle that chemical and blood vessel activity in both precancerous tissue and the area surrounding a developing breast cancer is almost always higher than in the normal breast. The result is an increase in regional surface temperatures of the breast.

Instruments Used

State-of-the-art breast thermography uses ultra-sensitive infrared cameras and sophisticated computers to detect, analyze, and produce high-resolution diagnostic images of these temperature and vascular changes.

The procedure is both comfortable and safe using no radiation or compression. By carefully examining changes in the temperature and blood vessels of the breasts, signs of possible cancer or pre-cancerous cell growth may be detected up to 10 years prior to being discovered using any other procedure. This provides for the earliest detection of cancer possible.

Breast thermography has been researched for over 30 years. And over 800 peer-reviewed breast thermography studies exist in the index-medicus. In this data base well over **250,000** women have been included as study participants. The numbers of participants in many studies are very large ranging from 37,000 to 118,000 women. Some of these studies have followed patients up to 12 years. Breast thermography has an average sensitivity and specificity of **90%**.

Studies Done

- * An abnormal infrared image is the single most important marker of high risk for developing breast cancer.
- * The image is 8 times more significant than a first order family history of the disease.
- * A persistent abnormal thermogram carries with it a 22x higher risk of future breast cancer.
- * When added to a woman's regular breast health checkups, a **61% increased survival rate** has been realized.

* Finally, when used as part of a multimodal approach (clinical examination + mammography + thermography) **95% of early stage cancers will be detected.**

Tests Complement Each Other

However, thermography does not have the ability to pinpoint the location of a tumor. Consequently, breast thermography's role is in addition to mammography and physical examination, not in lieu of it. Breast thermography does not replace mammography and mammography does not replace breast thermography; the tests complement each other. Since it has been determined that 1 in 8 women will get breast cancer, we must use every means possible to detect cancers when there is the greatest chance for survival.

The addition of breast thermography to the frontline of early breast cancer detection brings a great deal of good news for women.

For more information contact:

International Academy of Clinical Thermology

c/o Secretary:

Robert L. Kane, DC, DIACT, FIAC

621 Middlefield Road,

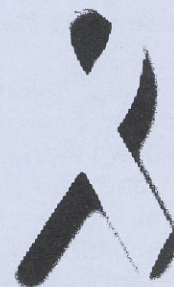
Redwood City, CA 94063

Phone 650.361.8908

mailto:info@iact-org.org

www.iact-org.org

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Rainbow Flag: Symbol Of The Gay Community Turning 25. Massive Celebrations Mark Anniversary

From coast to coast and all around the world, the LGBT community celebrates the 25th anniversary of the Rainbow Flag with **Rainbow25** (rainbow25.org). Rainbow25 will be celebrated during Pride events in more than 100 cities nationwide from June through August.

"When I raised the first rainbow in San Francisco in 1978 I instantly knew that my flag belonged to every lesbian and gay man," said Gilbert Baker, creator of the original Rainbow Flag. "For Rainbow25, I will restore the Rainbow Flag to its original 8 colors and bring it to cities worldwide — as my gift to the community that embraced it." Gilbert Baker — long considered the Betsy Ross of the gay community — is hand-sewing the world's longest Rainbow Flag in Key West, Florida to celebrate PrideFest Key West. Following the Key West kick off, more than 100 sections of the Flag will be presented to Pride organizations in cities worldwide.

Original 8 Colors Restored

In his Key West workshop, Baker is restoring the flag to its original 8 colors (fuchsia; red; orange; yellow; green; turquoise; blue; and, purple). When completed, the mammoth Rainbow 25 flag will measure 8,000 feet long by 16 feet wide, will use more than 14,000 square yards of fabric and will require thousands of volunteers to unfurl.

Rainbow Flag Website

Rainbow 25 also announced today the launch of their new Website - **Rainbow25.org**. The site will provide up-to-the-minute news about Rainbow25 events and will provide visitors with a vibrant interactive history of the flag, a "visions of the flag" slideshow, contests and a store complete with 8-color flags, tee shirts and memorabilia.

Quarter-Mile Segment Coming to SF

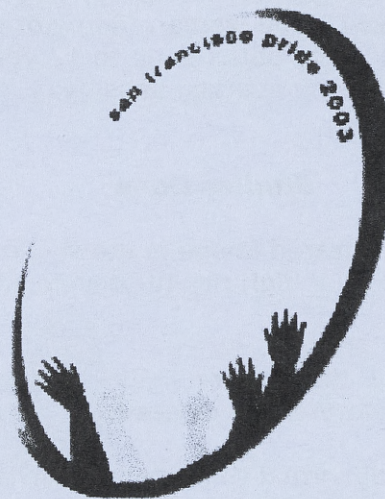
During the last week of June, Baker will bring a quarter-mile segment of the Sea-to-Sea flag to San Francisco to be carried down Market Street, from the Castro District to Civic Center for the Pride Freedom Day March. That moment will be a fitting homecoming celebration for the emblem Baker first stitched and hand-dyed in San Francisco 25 years ago.

Sponsored by Baker and curated by the Museum for GLBT History, the exhibit "Unfurling Pride: Gilbert Baker's Rainbow Flag Turns 25" will commemorate the flag's journey from local banner to international icon. The exhibit runs from May 17 - July 17 and will be held at two sites.

The two exhibition sites will feature segments of original pride flags sewn by Baker, as well as posters Baker designed for the key San Francisco Pride marches of 1978 and 1979.

Museum of GLBT History

"Unfurling Pride: Gilbert Baker's Rainbow Flag Turns 25" is an exhibit curated by the Museum of GLBT History, a project of the GLBT Historical Society, and the James C. Hormel Gay & Lesbian Center of San Francisco. The museum, which houses a world-class archive and small gallery space in San Francisco's Yerba Buena cultural district, is in the early stages of a multi-year campaign to build the world's first full-scale, professional-quality, general audience museum devoted to the history and culture of lesbian, gay, bisexual, and transgender people.



Financial Focus

How Long Should You "Park" Your Money?

By Diova A. Gray

The stock market dropped every year from 2000 through 2002. And today, with increased global tensions, a struggling economy and mixed reports on corporate earnings, the market outlook remains uncertain. Consequently, you may have taken time out from investing and "parked" substantial amounts of your assets in certificates of deposit, money market accounts or other investments in which your principal is generally protected. But how long should you keep this "parking spot"?

You may feel that putting your money in these kinds of vehicles is a safe way to "ride out" the turbulent markets. And, in the current political and economic environment, the stability of principal offered by CDs and money markets is indeed a factor to consider. And yet, you'll need to be careful not to keep too large a percentage of your funds in these types of investments for too long. Why? Because you could run into problems you may not have considered.

To begin with, keep in mind that the longer you park your money, the less safe it is from the threat of inflation. In today's low-interest-rate environment, many fixed-income vehicles offer returns that barely exceed the inflation rate – if they exceed it at all.

Your first thought might be that inflation isn't much of a threat today. And it's true that over the past several years, inflation has been quite mild, especially in contrast to the period of the late 1970s and early 1980s. However, although inflation has been low, it hasn't disappeared entirely – and, over time, even a low rate of inflation can add up, eroding your purchasing power. For example, in just 20 years, an annual inflation rate of four percent would drive the value of a dollar down to \$0.44.

Clearly, you can't afford to tie up too many of your investment dollars in vehicles that won't keep you ahead of inflation. But there's also another danger of "parking" your money for too long – the "opportunity cost" you pay for staying on the sidelines. Every "bear" market in history has ended, sooner or later – and the biggest gains in stock prices have usually been recorded in the first few months of recovery. (However, you must remember that what's happened in the past doesn't necessarily indicate future results.)

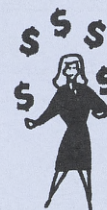
If you are still parked in money market accounts and CDs when the stock market turns around, you might miss out on growth opportunities.

So, given the dual needs of staying ahead of inflation and staying invested in preparation for a recovery, when should you think about pulling out of the parking lot? After all, neither you nor anyone else can predict the future course of the financial markets.

Here's the answer: Don't park – diversify. By keeping your investments dollars in a wide range of high-quality mutual funds, stocks, bonds, money-markets accounts, CDs and government securities, you can reduce the effects of market volatility and give yourself more chances to succeed.

Of course, your exact mix of investments should be based on your risk tolerance, your long-term goals and your time horizon. But even if you are, by nature, a conservative investor, you still won't want to keep too large a percentage of your assets stuck in fixed-rate vehicles. To achieve your long-term objectives, such as a comfortable retirement, you will more than likely need some exposure to stocks/mutual funds – the one asset class that, over time, has significantly outperformed inflation.

So, look over your investments carefully. Make changes when you need to keep your portfolio properly balanced, according to your needs and goals – but don't get stuck in "park".



Diova A. Gray (Dee Dee) Dee Dee will be providing us with a Financial Focus article for each publication. See her advertisement on page 10.

SACWN's Advertising Rate

Business ads are just \$60 per year!

Don't miss out on the best deal in town!

Call 916-483-8730 and let us advertise your business to our membership.

Celebrate the Spirit **The Center For
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Subscription/Membership Application

Name(s) _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e. hiking, golfing, skiing, cycling, etc.) I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

<u>New</u>	<u>Renewing</u>
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<i>Categories</i>	<i>Rates</i>
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Regular	\$24.00
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Sustaining	\$48.00
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Limited Income	\$12.00
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Rates are per household, per year. The membership renewal is due in February of each year.

If you begin SACWN at a different date, the membership is prorated.

(Signature)_____
(Date)_____
(Signature)_____
(Date)

Please make checks payable to:

SACWN

Mail to:

SACWN

PO Box 19036

Sacramento, CA 95819-0036

Volunteer Form

Can you volunteer? We need help in the following areas:

NEWSLETTER

Proofreaders & Editors

Writers

Layout & Graphics

ACTIVITIES

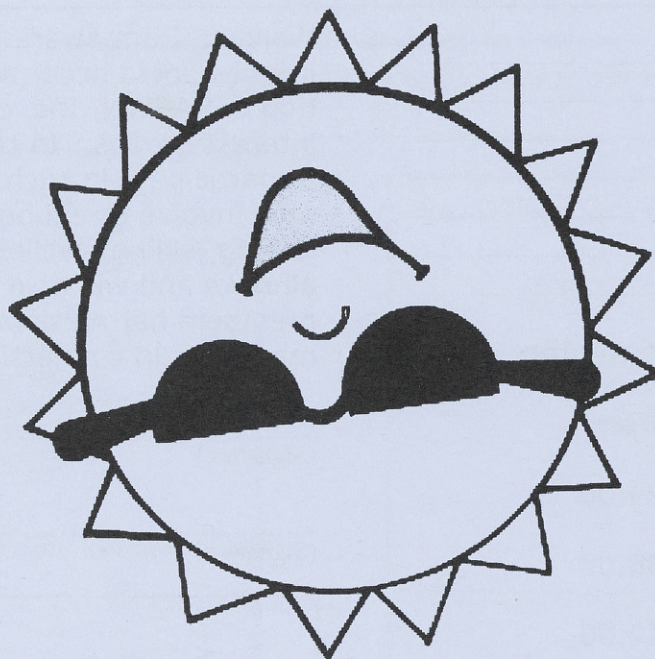
Planners

Decorations

SIG Leaders

Comments, Suggestions, Viewpoints

Want to contact us but don't want to write? SACWN has voice mail and Email! Call us at (916) 451-8034 and leave a message. We will respond as soon as possible. OR you can send E-mail to: SACWN1@aol.com



PO Box 19036
Sacramento, CA 95819-0036

SACWN, Inc.

**Sacramento Area Community
Women's Network**

The SACWN website now
has a Bulletin Board.
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